



February/March 2012

Capital City Senior Games Coming in March

Athletes over 50: Mark your calendars! The 2012 Capital City Senior Games will be held Saturday, March 10, through Monday, March 19, at various sites around Leon County. The



Carolyn Faust

games include archery, basketball, billiards, bowling, cycling, golf, horseshoes, power lifting, several racquet sports, swimming, and track and field. See page 5 for the schedule.

Past Senior Games were so much fun that many participants plan to play again this year. Two repeat athletes are Kermit Brown and Carolyn Faust.

In 2011, Kermit was looking for a way to support the Tallahassee Senior Center when he heard about the Senior Games. "I really didn't know

anything about the Senior Games," he said, and he was pleasantly surprised that "it wasn't all shuffleboard and checkers." He decided to try archery. As a Boy Scout, he had earned a merit badge in archery, but he had never competed before.

As it turned out, the Capital City event was just the start for Kermit. He won a silver medal in 2011, won another silver medal in Gainesville's games, and finished fourth in the state senior games in Fort Meade. Kermit is determined to do even better this year, and he's aiming to compete in the National Senior Games.

"Archery is a good sport for seniors or anyone who likes a little competition," Kermit says. "It's economical, and the equipment can be matched to your strength level. You can do it all your life – even after you've had a few body parts replaced." *(continued on page 2)*



Kermit Brown

Register for the Games at www.VisitTallahassee.com/SeniorGames or call 891-3866 and ask that a registration form be mailed to you. Fees apply.

Volunteers are needed to help with sporting events and for the welcome reception. Contact Volunteer Coordinator Susan Davis at 891-4065.

The Capital City Senior Games are sponsored by —

Capital Health Plan
Allegro
Friends of Our Parks



Tallahassee Memorial Healthcare
Visit Tallahassee
Tallahassee Sports Council

**Leon County
Senior Gazette**

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Senior Foundation, funded by
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Senior Games (continued from page 1)

2012 will be Carolyn Faust's third Capital City Senior Games. Her sport is table tennis, and she has quite a record to defend. In each of the last two years, she won two gold medals – in singles and in mixed doubles.

Carolyn is a regular at the Tallahassee Senior Center's table tennis practice on Tuesdays and Thursdays from 2 to 4 pm. "It's fun, a shared learning experience, and good physical activity, with lots of laughs and challenges," she said. "It's good for eye-hand coordination, and it involves side-to-side exercise you can only get from racquet sports." As the best players improve, they teach the less experienced ones how to improve their game.

As Kermit says, "It's never too late to start a new sport."

Five Bean And Kale Soup

1 medium onion, diced Makes 6-8 servings

Olive oil

3 cloves garlic, minced

3 carrots, coarsely chopped

3 celery stalks, chopped

1 head of kale, thoroughly washed

1 can kidney beans, drained and rinsed

1 can cannellini beans, drained and rinsed

1 can black-eyed peas, drained and rinsed

1 can pinto beans, drained and rinsed

1 small box frozen green beans

3 or 4 boxes or large cans of chicken stock

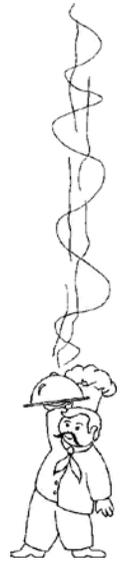
salt and pepper to taste

Sauté onion in a large soup pot with a touch of olive oil. Add garlic, carrots, and celery. Sauté for a short time until they start to soften.

Chop kale into bite-sized pieces and drop into pot on top of vegetables. Let kale steam while you thaw green beans in the microwave.

When kale has started to wilt, add canned beans and green beans on top of the vegetables.

Add some salt and pepper, then pour in enough chicken stock so vegetables are freely floating and easy to stir. Bring to boil. Reduce heat and cook until vegetables are soft. Enjoy!



**Don't forget to bring a canned good to the next
Lunch and Learn (the new name for Senior Day).
Donations benefit the food pantry at Elder
Care Services. Thanks for your generosity!**



Would You Like to Continue Receiving the Senior Gazette?

We are grateful for the support of the Leon County Commissioners. However, our program budget has its limitations. To reduce our postage and printing costs, we will mail the Gazette only to currently registered participants in our Outreach activities (fitness, art, Lunch and Learn, etc.) or to anyone who requests to receive the Gazette by mail. We will also begin sending a monthly e-newsletter via e-mail.

To complete a registration form or to continue to receive the Gazette in the mail, please complete and return the form below. To receive the Gazette by e-mail — an eco-friendly way to get our news! — please provide your e-mail address on the form.

Return it to:
Leon County Senior Outreach
1400 North Monroe Street
Tallahassee, FL 32303

Questions? Call 891-4033 or 891-4065.



Yes, I would like to receive the Leon County Senior Gazette.

I wish to be eco-friendly. Please **e-mail** my Gazette to: _____

Please **mail** my copy of the Gazette to:

Name: _____

Street or P.O. Box: _____

City and State: _____

Zip Code: _____

Any suggestions for articles or information you would like to see in the Gazette?



Leon County Senior Outreach

February/March 2012

Suggested \$6 lunch donation at Lunch & Learn events.

Bradfordville

Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Rd

Bradfordville Lunch & Learn: Wed, Feb 8 & Mar 14, 10:30 am - 12:30 pm

Historic Bradfordville Schoolhouse, 3439 Bannerman Rd

Draw With Your Eyes, Paint With Your Heart: Mark Fletcher, instructor. Feb 22 - Mar 28 (six weeks), Wed, 1:30 - 4 pm. \$48 (55+), \$60 others

Lifelong Learning: Every Fri in March (2, 9, 16, 23 & 30), 10 - 11:30 am. Suggested \$2 donation. See page 5 for topics & speakers.

Senior Fitness: Suggested \$2 donation

Beginners: Tue & Thur, 10:30 -11:15 am

Intermediate: Tue & Thur, 11:30 am - 12:30 pm

Afternoon Class: Tue & Thur, 1 - 2 pm

Social Bridge: Every Mon, 12:30 - 3:30 pm. Suggested \$1 donation

Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Cross Rd

Chaires-Capitola Lunch and Learn: Tue, Feb 28 & Mar 27, 10:30 am - 12:30 pm

Drawing & Painting Workshop: Bart Frost, instructor. Feb 22 - Mar 28 (six weeks). Registration deadline is Feb 14. Wed, 1 - 3:30 pm. \$48 (55+), \$60 others

Senior Fitness Class: Mon, Wed & Fri, 9:15 - 10:15 am. Suggested \$2 donation

Fort Braden

Fort Braden Community Center, 16387 Blountstown Hwy

Fort Braden Lunch and Learn: Tue, Feb 21 & Mar 20, 10:30 am - 12:30 pm

Painting with Oils: Robert DeWitt Smith, instructor. Feb 23 - Mar 29 (six weeks), Registration deadline is Feb 15. Thur, 2 - 5 pm. \$48 (55+), \$60 others

Senior Fitness Class: Mon & Wed, 10:30 - 11:30 am. Suggested \$2 donation

Zumba Fitness: Mon & Wed, 6:30 - 7:30 pm; Tue and Thur, 10 - 11 am. \$2 per class (55+), \$3 per class others

Miccosukee

Miccosukee Community Center, 13887 Moccasin Gap Rd

Miccosukee Lunch and Learn: Thur, Feb 2 & Mar 1, 10:30 am - 12:30 pm

Bus Trip to WalMart: Friday, Feb 3 & Mar 2, 10 am - 12:30 pm. \$2 round-trip

Woodville

Woodville Community Center, 8000 Old Woodville Rd

Woodville Lunch and Learn: Thur, Feb 9 & Mar 1, 10:30 am - 12:30 pm

Senior Fitness Class: Mon and Wed, 8:30 - 9:30 am. Suggested \$2 donation



Come Join the Fun!

Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Lunch and Learn events as exhibitors. However, it is our policy not to endorse, recommend or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.

Calendar

Call 891-4065 or 891-4033 for more information



Grandparents as Parents (GaP)

GaP Support Lunch, Wed, Feb. 29 & Mar 28, 12:00 – 1:30 pm. Leon County Public Library, 200 W. Park Avenue, Program Room A. Complimentary lunch provided for grandparents and other relative caregivers. Reservations are required. Call 891-4008 to reserve .

Call Ashley Webb at 891-4008 or e-mail ashley.webb@talgov.com if you would like more information.



Capital City Senior Games Mar 10 - 19

Welcome Reception: Fri, Mar 16, 5 pm, Tallahassee Senior Center
Compete, cheer, or volunteer! Call the Tallahassee Parks, Recreation and Neighborhood Affairs Department at 891-3866 for more information.

Sport

Sport	Date & Time	Place
ARCHERY	Sat, 3/17, 9 am	Beau Turner Center, 9194 S Jefferson Hwy, Lamont, FL
BASKETBALL Shooting	Fri, 3/16, 9 am	Sue McCollum Community Center, 501 Ingleside Dr
BILLIARDS 8ball	Sat, 3/17, 11 am	Geo's Pub & Pool, 3260 Mahan Dr
BILLIARDS 9ball	Sat, 3/17, 11 am	Geo's Pub & Pool
BOWLING Doubles & Mixed	Fri, 3/16, 3 pm	Capital Lanes, 820 Capital Circle NE
BOWLING Singles	Fri, 3/16, 1 pm	Capital Lanes
CYCLING	Sun, 3/18, 10 am	Apalachicola Nat'l Forest, Highway 267
GOLF	Mon, 3/19, 10 am	Hilaman Golf Course, 2737 Blair Stone Rd
HORSESHOES	Sat, 3/17, 10 am	Forestmeadows, 4750 N Meridian Rd
PICKLEBALL Doubles & Mixed	Fri, 3/16, 2 pm	Forestmeadows
PICKLEBALL Singles	Thur, 3/15, 4 pm	Forestmeadows
POWER LIFTING	Thur, 3/15, 2 pm	Premier & Fitness Center, 3521 Maclay Blvd S
RACQUETBALL Doubles	Sun, 3/18, TBA	Premier Fitness Center
RACQUETBALL Singles	Sat, 3/17, TBA	Premier Fitness Center
ROAD RACE	Sat, 3/10, 8 am	Killlearn UMC Church, 2800 Shamrock S
SWIMMING	Thur, 3/15, 7 pm	Wade Wehunt Pool at Myers Park, 907 Myers Park Dr
TABLE TENNIS	Sat, 3/17, 9 am	Jack McLean Community Center, 700 Paul Russell Rd
TRACK & FIELD	Sat, 3/17, 10 am	Godby High School, 1717 W Tharpe St



Bradfordville Lifelong Learning

Bradfordville Historic Schoolhouse, 3439 Bannerman Road. Every Friday morning in March, 10 – 11:30 am. Suggested \$2 donation per class. No reservations necessary. Call 891-4065 for more information.

Come Join the Fun!

- March 2: **Digital Cameras and Camcorders** by instructors from FSU Strozier Library
- March 9: **The Plantation Era in North Florida** by historian Kermit Brown
- March 16: **E-Readers and Tablets** by instructors from FSU Strozier Library
- March 23: **Eye on the Economy 2012** by Dr. William Christiansen, Department Chair & Bank of America Professor of Finance, FSU College of Business
- March 30: **Spring Gardening in Small Spaces** by Nathan Ballantine, aka The Man in Overalls



**Leon County
Senior Outreach**



**Bradfordville
Lunch & Learn**



Can We Count On Your Support?

Please join the Tallahassee Senior Foundation today! Your contribution pays for programs and enhances services.

Thanks for being a "key" to active, healthy aging in our community!

- | | | |
|----------------------------------|------------------------------|---------------------------------|
| ___ \$25 Senior (age 55 plus) | ___ \$100 Friends Key Holder | ___ \$1,000 Gold Key Holder |
| ___ \$35 Friend (under age 55) | ___ \$250 Bronze Key Holder | ___ \$2,500 Platinum Key Holder |
| ___ \$40 Senior Couple | ___ \$500 Silver Key Holder | ___ \$5,000 Diamond Key Holder |
| ___ \$50 Non-Profit Organization | | |

_____ *Please dedicate my contribution directly to the Leon County Senior Outreach Program.*

Name _____ Phone _____

Address _____

Make your check out to *Tallahassee Senior Foundation* and send it to:
Leon County Senior Outreach, 1400 N. Monroe Street, Tallahassee, FL 32303

Ask the Resource Coordinator



Q. What's hazardous about old TV sets, computer monitors, and other electronic devices? If I'm not supposed to put them in the trash, how can I get rid of them?

A. With the switch to digital TVs and flat-screen computer monitors, many people are getting rid of their bulky old cathode ray tube (CRT) equipment. In 2010-2011, Leon County Solid Waste recycled 578 tons of electronic scrap. By weight, cathode ray tube (CRT) televisions and monitors were the most common items, making up almost 71 percent of the total.

Recycling the plastic, metal, and glass components of old CRTs keeps stuff out of the landfill, thereby extending the working life of the landfill. Proper disposal of CRTs can also prevent toxic chemicals from escaping into our groundwater. The glass and solder in a CRT contain between four and eight pounds of lead, which is notorious for causing brain damage in children. In adults, high lead concentrations are associated with high blood pressure, nerve disorders, memory and concentration problems, and muscle and joint pain, according to the U.S. Environmental Protection Agency.

All residents of Leon County can take their CRTs and all other electronics for recycling to the Household Hazardous Waste Center at the Solid Waste Management Facility on Apalachee Parkway (606-1803) or to a Collection Event on the first Saturday of the month between September and May, weather permitting (2280 Miccosukee Road, Tallahassee). For online information, go to www.leoncountyfl.gov and click on Departments in the left-hand column; then select Solid Waste.

Residents of unincorporated areas of Leon County can take electronics to their nearest Rural Waste Service Center. Bring your driver's license, vehicle tag registration, and proof of residency such as a tax bill or utility bill or voter registration card. Call for schedule and location: Woodville, 488-9099; Fort Braden, 488-9119; Miccosukee, 922-0097; Blount (near Bloxham Cutoff), 922-0098.

**Direct your questions about senior resources to the Senior Resource Coordinator
by calling 891-4043 or e-mailing seniorinformation@talgov.com**

Leon County Senior Outreach Program
Tallahassee Senior Foundation
1400 North Monroe Street
Tallahassee, Florida 32303

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Return Service Requested

Welcome to the bimonthly *Leon County Senior Gazette!* Look for this informative newsletter every other month.

Don't forget to check the calendar page inside to get updated information on all Leon County Senior Outreach activities.

For more information, call **891-4065** or **891-4033**, or email susan.davis@talgov.com.



SPECIAL SENIORS

Ike Van Valkenburg



World War II started when Ike Van Valkenburg was 14. His father joined the Navy and Ike took charge of the family's dairy farm in Long Prairie, Minnesota. When his father came home, he staked Ike to a floor sander. Ike proceeded to sand every dance floor in three counties, repaid his father, and went to work on iron ore boats on the Great Lakes.

At age 20 he joined the army and was sent to Korea 12 days after the fighting started. "It wasn't any fun," he says. Afterwards, he got married and finished his Army service, and he and his wife moved to Florida. They lived in Dade County for 27 years, where Ike worked in air conditioning and refrigeration.

For fun, "I built and raced stock cars for six or seven years," he says. "I drove a little bit, but when I saw how good I was, I thought I better find someone else to drive."

After that, he helped found the South Florida Bluegrass Association, which is still going strong. Ike played mandolin in a bluegrass group his son played guitar and banjo and Ike's racecar driver played upright bass.

When he retired, he bought a camper. "We sailed around for two and a half years," he recalls. "We needed to settle down. My son-in-law told me about a place next door to him. It was nothing but a massive jungle. Tarzan would have loved it.

"We built a house, moved in, and I asked my wife, what do I do now? She said, why don't you work with wood? I built a shop, and I was in the craft business.

"I make rocking horses, little chairs, doll cradles — mostly stuff for kids. They were a little expensive, so I went to birdhouses," he says. He donates one to every Chaires-Capitola Lunch & Learn, where it's given away as a door prize.

"I've had my share of life," Ike says. "It's been a busy one."